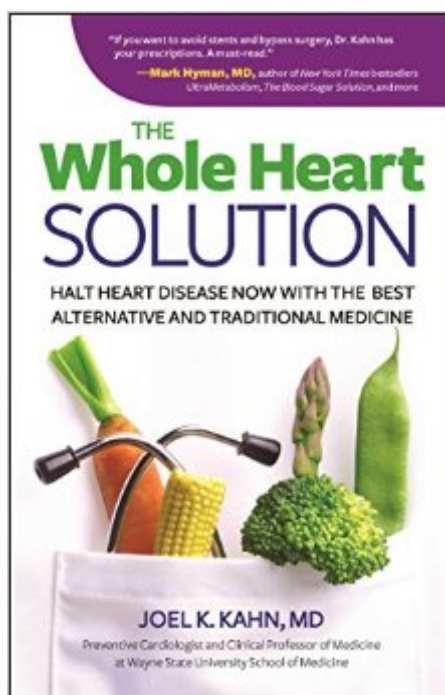


The book was found

# The Whole Heart Solution: Halt Heart Disease Now With The Best Alternative And Traditional Medicine



## Synopsis

In *The Whole Heart Solution*, America's Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away—from drinking your veggies to opening your windows to walking barefoot—to make yourself heart attack proof. Cardiovascular disease (CV) is the number one killer in the Western world. But it doesn't need to be. The truth is that more than 75 percent of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. In *The Whole Heart Solution*, America's Holistic Heart Doc Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away—from drinking your veggies to opening your windows to walking barefoot—to make yourself heart attack proof. Here's what leading physicians and other experts have to say about *The Whole Heart Solution*: "If you want to raise your heart energy, keep your heart arteries clean, and identify the root causes of heart disease to avoid stents and bypass surgery, Dr. Kahn has your prescriptions ready to use. This is a unique manual of caring for your heart by taking out the bad stuff and putting in the good stuff. A must-read." --Mark Hyman, MD, New York Times bestselling author of *UltraMetabolism*, *Blood Sugar Solution* and others "Coronary artery disease and heart attacks are avoidable through superior nutrition. Dr. Kahn can lead the way to change the face of cardiology in America." --Joel Fuhrman, MD, New York Times bestselling author of *Eat to Live*, *The End of Diabetes* and others, Board Certified Family physician, Research Director of the Nutritional Research Foundation "This is an important book that everyone needs to read. Dr. Kahn is an expert at translating complex information into easy-to-understand, usable techniques to have a better heart and brain." --Daniel G. Amen, MD, New York Times bestselling author of *Change Your Brain, Change Your Life* and others "Heart disease is mostly preventable, and if we all took a page from Dr. Joel Kahn, America would be a whole lot healthier and happier." --Jason Wachob, founder and CEO, MindBodyGreen.com "Dr. Joel Kahn has a national reputation as one of the top cardiologists in the US. [His book] will be a tremendous asset to patients, their families and physicians." --Mark Houston, MD, MS, Director, Hypertension Institute and Vascular Biology of Nashville, TN, and author of *What Your Doctor May Not Tell You about Heart Disease* "The heart can be strengthened in so many ways without surgery. Doctors need to be champions of real health, food-based health, fitness-based health. I know champions and Dr. Kahn is a champion." --John Salley, four-time NBA champion "Dr. Joel Kahn is a leader in the cardiology world in recognizing the importance of food and lifestyle for heart conditions. His book will be a winner for all involved." --Neal D. Barnard, MD, Adjunct Associate Professor of Medicine at George Washington University School of Medicine and bestselling author of *Dr. Neal Barnard's Program for*

Reversing Diabetes – The Whole Heart Solution by Dr. Joel Kahn is an enlightened comprehensive examination by a dedicated physician as well as a treasure chest of opportunities to enhance a full and healthy life. • --Caldwell B. Esselstyn, Jr., M.D., author of Prevent and Reverse Heart Disease

## Book Information

Hardcover: 320 pages

Publisher: Reader's Digest; 1 edition (September 16, 2014)

Language: English

ISBN-10: 1621451437

ISBN-13: 978-1621451433

Product Dimensions: 6.2 x 1.3 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars – See all reviews (62 customer reviews)

Best Sellers Rank: #40,465 in Books (See Top 100 in Books) #32 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #35 in Books > Medical Books >

Medicine > Internal Medicine > Pathology > Diseases > Cardiovascular #41 in Books > Medical Books > Medicine > Internal Medicine > Cardiology

## Customer Reviews

I ordered "The Whole Heart Solution" by Joel K Kahn after flipping through a few pages in Barnes&Nobles. 5 minutes was all it took to realize that the book holds immense value for those who want to take steps towards a healthy heart. The book is divided in two parts. The first part talks about the heart related facts, functions, importance, what usually goes wrong and how easily. Part two offers simple and easily actionable recommendations in logically organized chapters to halt and reverse heart conditions. Though the real value of the book is in part two, it is part one which helps create a sense of urgency and forces the reader to seriously follow the prescriptions given. One thing which the book might have done without is talking about brand names of mixers and blenders (chapter 7), simply to avoid any unnecessary perceptions of the author having an interest in these companies. My personal experience: The day I read this book, I decided to improve the eating habits of my family. As a start, I offered veg noodle soup to my kids. It was shocking to see the kids making a fuss about the "green stuff" in their soup. Was an eye opener for me. Post that, we have been following various suggestions in the book and have seen definite improvements in our eating habits, activity level and general well being. The few things we have adopted in the last 3 months: A.

Stopped getting processed canned food and replaced them with fresh fruits and vegetables.B. Increased juice intake - carrot, pomegranate, orange are some of our favorite.C. Cut down on eating out.D. Started practicing regular yoga. Sun salutation is our favorite. We use "Simply yoga" ios app.E.

[Download to continue reading...](#)

The Whole Heart Solution: Halt Heart Disease Now with the Best Alternative and Traditional Medicine Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Curing Your Own Cataracts: How to Dissolve, Reverse, & Halt Advancing Cataracts with Herbs, Homeopathy, Light Therapy, Antioxidants, Nutrition, Low Level ... & More! (Alternative Medicine Book 1) The Top 10 Lyme Disease Treatments: Defeat Lyme Disease with the Best of Conventional and Alternative Medicine Alternative Medicine Definitive Guide to Headaches (Alternative Medicine Definitive Guide) The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Herbal Remedies:The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics,: herbs,Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Chronic Kidney Disease: The Ultimate Guide to Chronic Kidney Disease: Diet, Prevention, Early Detection and Fast Treatment! (Kidney Stones, Kidney Disease Solution, Kidney Health) Promoting Health and Academic Success: The Whole School, Whole Community, Whole Child Approach Whole: The 30 Day Whole Food Diet CookbookÃÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet CookbookÃÂ© (The

Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet CookbookÃ Â© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Clinical Handbook of Internal Medicine: The Treatment of Disease with Traditional Chinese Medicine: Vol 2: Spleen and Stomach Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay)

[Dmca](#)